

7
EDITION

Foundations of Nursing

Cooper Gosnell



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7
EDITION

Foundations of Nursing

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Writing this book has been quite the adventure. It is not a journey I have traveled alone. The unwavering support of my family, friends, and colleagues has been instrumental in achieving this goal.

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Kelly Gosnell

Acknowledgments

The seventh edition of this textbook has seen a great deal of change with updated material, new alignment of chapters, and the addition of alternate format NCLEX questions at the end of each chapter. At the same time, this edition has maintained the strong foundation that it has had since Barbara Christensen and Elaine Kockrow authored the first edition. We are grateful for the expertise that they have shared through the first six editions. Special thanks to our budding photographer Katelyn Gosnell for her hard work and to Ivy Tech Community College for their willingness to share their facility setting for many of the updated photographs.

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The contributors, reviewers, and our most dedicated colleagues have shared their expertise with us, making this edition the best foundations of nursing choice for the practical nursing student.

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To the Instructor

The seventh edition of *Foundations of Nursing* was developed to educate the practical/vocational nursing student in the fundamentals of nursing required to care competently and safely for a wide variety of patients in various settings. As the level of knowledge and responsibility increases for LPN/LVNs in all health care settings from acute to community-based care, it is essential that a text such as *Foundations of Nursing* be available to educate the student for the growing demands of this profession.

This full-color companion text to *Adult Health Nursing* provides the knowledge base necessary for the expanding role of the LPN/LVN while remaining accessible, clearly written, user-friendly, and portable. This new edition was revised to incorporate the most current and clinically relevant information available on the following topics:

- Historical, legal, and ethical aspects of nursing
- Communication
- Physical assessment
- Nursing process and critical thinking
- Documentation
- Cultural and ethical considerations in nursing interventions
- Growth and development across the life span
- Death and dying
- Safety
- Medical-surgical asepsis
- Pain management, comfort, rest, and sleep
- Complementary and alternative therapies
- Basic nutrition and nutritional therapy
- Fluids and electrolytes
- Mathematics review and medication administration
- Emergency first aid nursing, including terrorism and bioterrorism interventions
- Maternal, neonatal, and pediatric care
- Gerontologic nursing and care of the older adult
- Mental health and community health
- Role of the LPN/LVN and leadership

Finally, it is our belief that nursing will always be both an art and a science. This philosophy is reflected throughout the text.

ORGANIZATION AND STANDARD FEATURES

The organization of the seventh edition continues to follow the strengths of the previous edition, based on positive comments from educators and students. The

basic nursing skills are provided throughout the text and with special emphasis in Chapter 22. Medical-surgical nursing—with an overview of anatomy and physiology and a separate chapter on care of the surgical patient—are available in the companion text, *Adult Health Nursing*.

TABLE OF CONTENTS

The text is divided into 7 units with 40 chapters. Chapters have been reorganized for easy, logical association of content. Updates have been made to ensure that students have access to the most current information. To match a growing emphasis on holistic care there are significant updates to alternative and complementary therapy information presented. The legal, ethical and professional aspects of nursing practice have been updated. Revision to health care and nursing practice have been made to provide students with an updated viewpoint.

CHAPTER ORGANIZATION

Disorders chapters typically are organized in the following format for more effective learning:

- Etiology and Pathophysiology
- Clinical Manifestations
- Assessment (with subjective and objective data)
- Diagnostic Tests
- Medical Management
- Nursing Interventions (including relevant medications)
- Nursing Diagnoses
- Patient Teaching
- Prognosis

NURSING PROCESS

The nursing process as applied to specific disorders is integrated throughout. A special nursing process summary section appears at the end of appropriate chapters, enabling the reader to see more clearly its application to the chapter content as a whole. We have emphasized the role of the LPN/LVN in the nursing process as follows:

- The LPN/LVN will participate in planning care for the patient based on the patient's needs.
- The LPN/LVN will review the patient's plan of care and recommend revisions as needed.
- The LPN/LVN will follow defined prioritization for patient care.

- The LPN/LVN will use clinical pathways, care maps, or care plans to guide and review patient care.

REFERENCES AND SUGGESTED READINGS

References and Suggested Readings are grouped by chapter and listed at the end of the book for easy access. *Additional Resources* such as websites and agencies are included where applicable.

In the appendixes, *Common Abbreviations* are listed along with The Joint Commission's *Lists of Dangerous Abbreviations, Acronyms, and Symbols* to promote safety in clinical practice in such areas as avoiding dosage errors, and *Laboratory Reference Values* provide quick access to important information. *Answers to the Review Questions* for the NCLEX® Examination are provided in Appendix C.

LPN THREADS

The seventh edition of *Foundations of Nursing* shares some features and design elements with other Elsevier LPN/LVN textbooks. The purpose of these *LPN Threads* is to make it easier for students and instructors to use the variety of books required by the relatively brief and demanding LPN/LVN curriculum. *LPN Threads* include the following:

- Efforts are continually made to keep the *reading level* of our LPN texts around 10th grade to increase the consistency among chapters and ensure the text is easy to understand.
- *Full-color design, cover, photos, and illustrations* are visually appealing and pedagogically useful.
- *Objectives* (numbered) begin each chapter. Chapter objectives provide a framework for content and are especially important in providing the structure for the TEACH Lesson Plans for the textbook.
- *Key Terms* with phonetic pronunciations and page number references are listed at the beginning of each chapter. Key terms appear in color in the chapter and are defined briefly, with full definitions in the *Glossary*. Simple phonetic pronunciations accompany difficult medical, nursing, or scientific terms or other words that may be difficult for students to pronounce.
- A wide variety of *special features* related to critical thinking, clinical practice, care of the older adult, health promotion, safety, patient teaching, complementary and alternative therapies, communication, home health care, delegation and assignment, and more. Refer to the To the Student section of this introduction on page xi for descriptions of each of these features.
- *Critical Thinking Questions* with each Nursing Care Plan give students opportunities to practice critical thinking and clinical decision-making skills with realistic patient scenarios. Answers are provided in the Instructor Resources section on the Evolve website.

- *Key Points*, located at the end of chapters, follow the chapter objectives and serve as a useful chapter review.
- A full suite of *Instructor Resources* including TEACH Lesson Plans and Lecture Outlines, PowerPoint Lecture Slides, Test Bank, Image Collection, and Open-Book Quizzes. Each of these teaching resources is described in detail below.
- In addition to consistent content, design, and support resources, these textbooks benefit from the advice and input of the *Elsevier LPN/LVN Advisory Board*.

TEACHING AND LEARNING PACKAGE

FOR STUDENTS

- An *Evolve website* provides free student resources, including additional review questions for the NCLEX Examination for every chapter, calculators, and animations and video clips.
- The *Study Guide for Foundations of Nursing* is designed to promote learning, understanding, and application of the content in the textbook. Each chapter ties specific activities to specific objectives rather than simply listing objectives and activities separately. Activities include hundreds of labeling, matching, and fill-in-the-blank questions, each with textbook page references; critical thinking questions with clinical scenarios; and multiple-choice and alternate-format questions for NCLEX review. The complete answer key is provided to instructors in the Instructor Resources section of the Evolve website. *Sold separately.*
- *Virtual Clinical Excursions* is an interactive workbook/online package that guides the student through a multifloor virtual hospital in a hands-on clinical learning experience. Students can assess and analyze information, diagnose, set priorities, and implement and evaluate care. NCLEX-style review questions provide immediate testing of clinical knowledge. *Sold separately.*

FOR INSTRUCTORS

The comprehensive *Evolve Resources With TEACH Instructor Resource* provides a rich array of teaching tools and includes the following:

- *TEACH Lesson Plans With Lecture Outlines*, based on the textbook learning objectives, provide ready-to-use lesson plans that tie together all of the text and ancillary components provided for *Foundations of Nursing*.
- A collection of more than 200 text and graphic *PowerPoint Lecture Slides* are specific to the text.
- A *Test Bank*, delivered in ExamView, provides approximately 1500 multiple-choice and alternate-format NCLEX-style questions. Each question includes the correct answer, rationale, topic, objective, cognitive

level, step of the nursing process, and NCLEX category of patient needs, as well as corresponding textbook page references.

- An *Image Collection* contains nearly 500 images from the textbook. Images are suitable for incorporation into classroom lectures, PowerPoint presentations, or distance-learning applications.
- An *Open-Book Quiz* for every chapter includes textbook page references for each question.
- *Answer Keys* are provided for the Critical Thinking Questions in Nursing Care Plans and for the activities in the Study Guide.

To the Student

Designed with you in mind, *Foundations of Nursing* presents fundamental nursing concepts in a visually-appealing and easy-to-use format. Here are some of the numerous special features that will help you understand and apply the material.

READING AND REVIEW TOOLS

Objectives introduce the chapter topics, and *Key Terms* are listed with page number references, and difficult medical, nursing, or scientific terms are accompanied by simple phonetic pronunciations. Key terms are in color where they are briefly defined in the text, and complete definitions are provided in the Glossary.









Each chapter ends with a *Get Ready for the NCLEX® Examination!* section. *Key Points* follow the chapter objectives and serve as a chapter review. An extensive set of *Review Questions for the NCLEX® Examination* provides immediate opportunity for testing your understanding of the chapter content. *Answers* are located in Appendix C in the back of the book.

ADDITIONAL LEARNING RESOURCES

The online *Evolve Resources* at <http://evolve.elsevier.com/Cooper/foundations> give you access to even more Review Questions for the NCLEX Examination, animations, and much more.

CHAPTER FEATURES

Skills are presented in a logical step-by-step format with accompanying full-color illustrations. Clearly defined *nursing actions* followed by *rationales* in italicized type show you how and why skills are performed. Each skill includes icons that serve as a reminder to perform the basic steps applicable to all nursing interventions:

-  Check orders.
-  Gather necessary equipment and supplies.
-  Introduce yourself.
-  Check patient's identification.
-  Provide privacy.
-  Explain the procedure/intervention.
-  Perform hand hygiene.
-  Don gloves (if applicable).



Nursing Care Plans, developed around specific case studies, include nursing diagnoses with an emphasis on patient goals and outcomes and questions to promote *critical thinking*. These sample care plans are valuable tools that can be used as a guideline in the clinical setting. The critical thinking aspect empowers you to develop sound clinical decision-making skills.

Nursing diagnoses and interventions are screened and set apart in the text in a clear, easy-to-understand format to help you learn to participate in the development of a nursing care plan.



Evidence-Based Practice boxes summarize the latest research findings and highlight how they apply to LPN/LVN practice.



Medication tables developed for specific disorders provide quick access to action, dosage, side effects, and nursing considerations for commonly used medications.



Safety Alert! boxes emphasize the importance of maintaining safety in patient and resident care to protect patients, residents, family, health care providers, and the public from accidents and the spread of disease.



Health Promotion boxes emphasize a healthy lifestyle, preventive behaviors, and screening tests to assist in the prevention of accidents and disease.



Patient Teaching boxes appear frequently in the text to help develop awareness of the vital role of patient/family teaching in health care today.



Coordinated Care boxes throughout the text promote comprehensive patient care with other members of the health care team, focusing on prioritization, assignment, supervision, collaboration, and leadership topics.



Complementary and Alternative Therapies boxes in nearly every chapter give a breakdown of specific nontraditional therapies, along with precautions and possible side effects.



Cultural Considerations boxes explore select specific cultural preferences and how to address the needs of a culturally diverse patient and resident population when planning nursing care.



Communication boxes focus on communication strategies with real-life examples of nurse-patient dialogue.



Life Span Considerations for the Older Adult boxes bring a gerontologic perspective to nursing care, focusing on the nursing interventions unique to the older adult patient or resident.



Home Care Considerations boxes discuss the issues facing patients and caregivers in the home setting.

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